

Health Benefits of Weekly Exercise for Longevity

Exercise is vital for extending lifespan and enhancing health, even for those who start later in life. Research indicates that individuals who regularly engage in physical activity face significantly lower risks of heart disease, diabetes, and cancer, **with an all-cause mortality reduction of approximately 30 to 35 percent compared to sedentary individuals.**

Exercise fosters numerous benefits, including improved brain function, elevated mood, and reduced inflammation. Notably, a study revealed that the absence of physical activity can be more detrimental to health than severe conditions like diabetes or smoking!

Furthermore, researchers have identified a type of fat, bis-monoacylglycero-phosphate (BMP), which accumulates in aging tissues and may contribute to chronic disease. **Just one hour of moderate-to-vigorous exercise per day for four days was shown to significantly decrease BMP levels.**

It is crucial to recognize that it is never too late to begin exercising! A study published in the September 2023 edition of the journal *Aging Cell*, looked at previously sedentary older adults (with an average age of 73) and split them into two groups: One group was put on an exercise program for one year, while the other group was allowed to maintain their sedentary lifestyle.

The *exercise* group was put on a program including up to three days a week of a well-rounded exercise routine consisting of aerobic endurance, upper and lower body strengthening, balance, and flexibility training. The results were significant. Researchers found that the *exercise* group **maintained a high level of physical performance, while the sedentary group suffered losses of strength, aerobic endurance, and mobility.**

Additionally, maintaining physical activity is linked to better mental health outcomes, including lowering the risk of Alzheimer's disease and improving emotional resilience. An article published in the *British Journal of Sports Medicine* determined that exercise

was a viable therapy for depression that outperformed conventional treatment, with *walking or jogging, yoga, and strength training* standing out as the most effective forms studied.

Health experts recommend adults engage in **150 to 300 minutes of moderate exercise weekly, alongside 75 to 150 minutes of vigorous activity**. Exceeding these amounts can further reduce the risk of cardiovascular disease. Despite the clear benefits, **nearly 80 percent of American adults do not meet the recommended exercise levels**, contributing to substantial healthcare costs and premature mortality.

This collective lack of exercise takes a remarkable toll on our health care system. HHS says **physical inactivity is linked to approximately \$117 billion in annual health care costs and about 10 percent of premature mortality!**

If you struggle to motivate yourself and fall shy of the minimum 150 minutes of exercise per week suggested, consider this: A meta-analysis from the European Society of Cardiology found that **people who choose to take the stairs see a 39 percent lower likelihood of death from heart disease, compared to those who always take the elevator or escalator**. Even small changes like this can affect your lifespan in a meaningful way.

Barriers to exercise often include a lack of time and motivation, compounded by more sedentary lifestyles. To overcome these obstacles, individuals can seek social support, incorporate small amounts of activity into their day, set specific fitness goals, and use superfood supplements such as [ChagaStrength](#), [Royal Strength](#), [AshwaPower](#), and [Beef Liver](#). You may also add the following essential nutrients that support physical strength and energy: [Collagen Complete](#), [PowerMin](#), [Potent-B](#), [Power-C](#) and [Power-Zinc Plus](#).

Tracking progress can enhance motivation, making it easier to achieve and maintain a healthier, more active lifestyle.

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